



READY TO COOK
BY HARRIS FARM

SPICY BUFFALO WINGS WITH BLUE CHEESE SLAW AND GREEN BEANS



PREP
15 min



COOK
30 min



SERVES
4

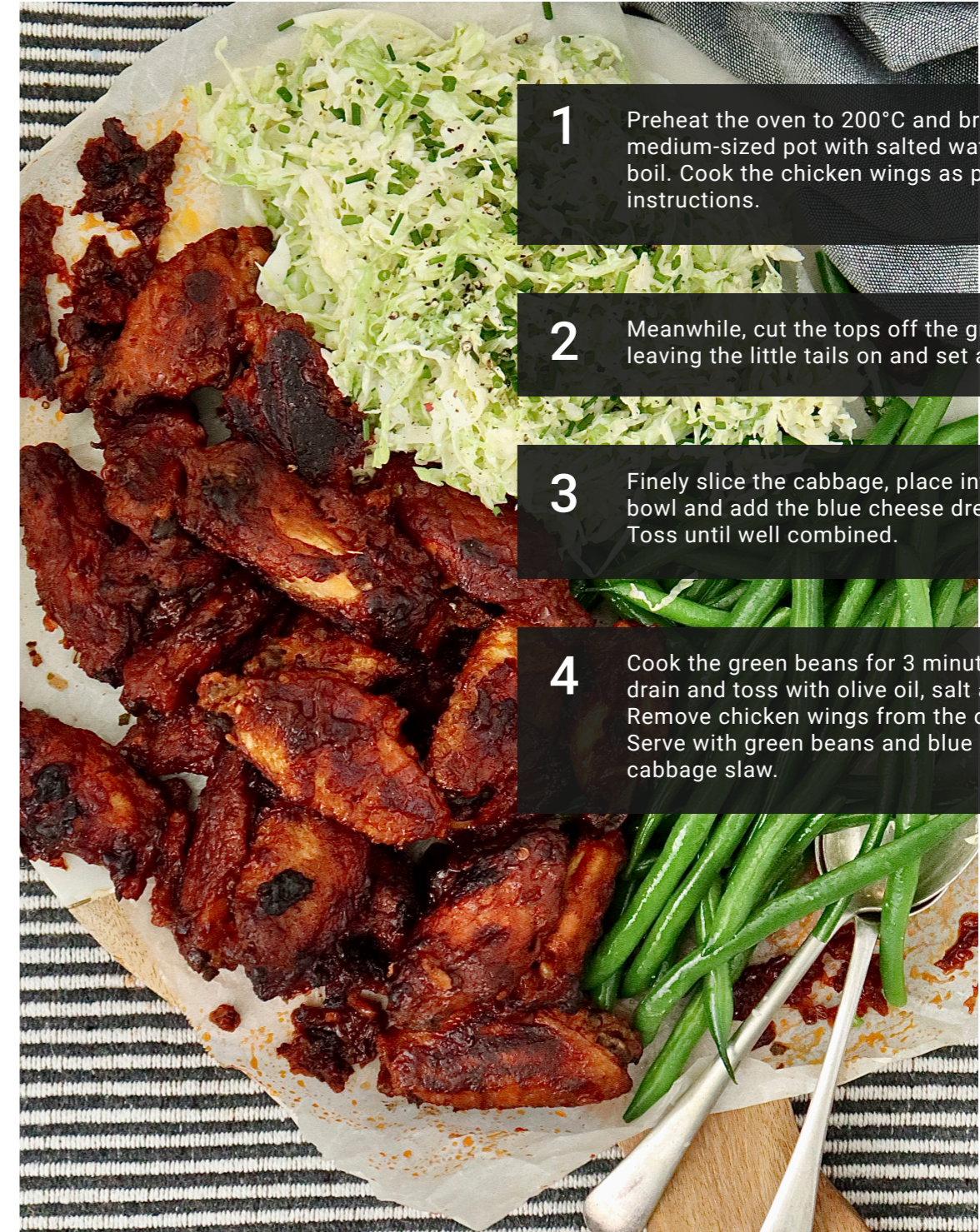
INGREDIENTS:

- > 1.6kg Buffalo Chicken Wings
- > 500g Green Beans
- > ½ Savoy Cabbage
- > 150ml Blue Cheese Dressing

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Salt and Pepper
- > Cooking Oil

METHOD - GET COOKING!



1 Preheat the oven to 200°C and bring a medium-sized pot with salted water to the boil. Cook the chicken wings as per packet instructions.

2 Meanwhile, cut the tops off the green beans, leaving the little tails on and set aside.

3 Finely slice the cabbage, place into a mixing bowl and add the blue cheese dressing. Toss until well combined.

4 Cook the green beans for 3 minutes then drain and toss with olive oil, salt and pepper. Remove chicken wings from the oven. Serve with green beans and blue cheese cabbage slaw.

CHEF'S TIPS FOR COOKING AND LEFTOVER...

- There won't be any leftovers this time!



FEEDBACK OR QUESTIONS?

Shoot us an email at:
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